

Jazz Aerobics

Instructor: Bitsy Graham

Strong heart, Strong muscles, Strong bones! That's what you get from Jazz Aerobics: 25 - 30 minutes of choreographed, energetic routines to your favorite music from the 60's all the way to Broadway, abdominal and core strengthening, muscle toning, strengthening of legs & arms, balance work, and, of course, stretching and flexibility. Bring hand and ankle weights, and a "can do" attitude!

Location: Warren Building

Min: 10/Max: 20

11 weeks, 2 or 3 days per week

Day	Time	Dates
M/W/F	8:45 - 9:45 am	March 31 - June 13 (No class 4/21 & 5/26)

\$225 for three days per week

\$195 for two days per week



Heartbeat for Adults

Instructor: Bitsy Graham

This is a comprehensive fitness program featuring aerobics, toning and flexibility. The routines are choreographed, easy to learn, and they emphasize cardiovascular efficiency. There is nothing tedious or boring about this class!

Location: Sprague School

Min: 10/Max: 20

11 weeks, 2 or 3 days per week

Day	Time	Dates
T/Th/F	6:15 - 7:15 am	April 1- June 13

\$225 for three days per week

\$195 for two days per week

Boot Camp

Instructor: Focused on Fitness Staff

The Focused on Fitness Faculty Boot Camp is an intense array of calisthenics, plyometrics and variations of running & walking. In this program you will use bodyweight, jump ropes, dumbbells and resistance bands to increase your strength and stamina. With our progressive intensity training we have developed a way to take each client through many fitness levels. With the support of our trainers you will learn proper execution of exercises as well as proven nutritional methods optimize the way you feel and look. "Get Fit, Get Strong and Get Focused on your Fitness." We can show you the way and all you have to do is follow it! Focused on Fitness will donate to the Recreation Department Children's scholarship fund for each Wellesley resident who mentions the Recreation Department brochure when they register for this program.

@ 5 Weathersfield Road, Natick (Right off Rt 9 West)

Day	Time	Dates
Thur	3:30 - 4:30 pm	Open enrollment

Please call 617-281-2329 or email andyprovost@comcast.net for class availability & pricing.

NEW!

Boogie Into Shape with Bitsy

Instructor: Bitsy Graham

Come and experience a complete and comprehensive workout featuring creative choreographed routines done to upbeat and popular tunes. Aerobics, muscle toning, weight training (using light hand and ankle weights), and stretching, all in one very dynamic hour. Getting in shape can and should be fun! Please bring an exercise mat to class.

Location: Warren Building

Min: 10/Max: 20

11 weeks, 2 days per week

Day	Time	Dates	Price
Tu & Th	9 - 10 am	April 1- June 12	\$195

Introduction to Aikido

Instructors: Josh Nathan

A traditional Japanese martial art, Aikido may be translated as "the way of harmony with universal energy." Aikido is both an excellent form of physical exercise and self-defense. The study of Aikido technique teaches smooth, balanced, and coordinated movement in a non-competitive, cooperative atmosphere. Aikido contains no punching or kicking techniques and is suitable for adults of any age and physical condition. In this course, you will learn the nine basic movements of Aikido, which can be combined to perform hundreds of basic techniques. You will learn how to fall on the mat safely, and to coordinate your movement with your partner. Please wear loose fitting sweats with long sleeves and pants. We practice barefoot or with socks.

Location: Warren Building

Min: 6/Max: 10

8 weeks

Day	Time	Dates	Price
Mon	6 - 7:30 pm	April 7 - June 9 (No class 4/21 & 5/26)	\$125

Golf Conditioning & Flexibility

Instructor: Focused on Fitness Staff

Taught by 22 year veteran and "Best of Boston" personal trainer, Andrew Provost will work with you to produce that smooth, consistent swing that keeps you smiling at every hole. An avid golfer who works with numerous golf, tennis, hockey and lacrosse playing athletes, Andy will show you that the training concepts (conditioning and flexibility) for Core Sports are all the same. Get your game, (back, shoulders and hips) into great working order with a class that you can count on for results. Focused on Fitness will donate to the Recreation Department Children's scholarship fund for each Wellesley resident who mentions the Recreation Department brochure when they register for this program.

@ 5 Weathersfield Road, Natick (Right off Rt 9 West)

Day	Time	Dates
Thur	7 pm	Open enrollment

Please call 617-281-2329 or email andyprovost@comcast.net for class availability & pricing.

Co-Ed Volleyball: (Ages: High School +)



This is an opportunity to play pick-up games, once a week. There are no referees, this is just a great opportunity to play some pick-up volleyball. The Recreation Department reserves the right to limit the number of drop-in players and to cancel evening drop-in activities.

Location: Warren Building

Day	Time	Price
Thur	7 – 9 pm	Free

Women's Basketball: (Ages: High School +)



This is an opportunity to play pick-up games, once a week. The Recreation Department reserves the right to limit the number of drop-in players and to cancel evening drop-in activities.

Location: Warren Building

Day	Time	Price
Tue	7 – 9 pm	Free

Hunnewell Tennis Court Lights

In order to utilize the Hunnewell Tennis Courts at night, tennis players will be required to purchase a tag which allows you to play 7 nights a week.

Important Information:

Once the lights are turned on, using the courts after 6 pm will require the purchase of a tennis tag.

*Tags will be sold at the Recreation Office starting Tuesday, April 22, M - F, 8:30 am - 4:30 pm. Tags will be sold at the courts starting May 1, one evening to be determined. Tag purchases at the courts may be done by check or credit card only (VISA/MC)

*Due to special events or circumstances, the Town of Wellesley reserves the right to postpone activities in or around the Hunnewell Field Complex including the Hunnewell Tennis Courts.

Night time tennis will require a tag.

Tag Fees:

	Resident	Non-Resident
• Weekly Guest Tag:	\$10	\$10
• Individual Tag:	\$50	\$65
• Family Tag:	\$120	\$135

*Tags ARE NOT transferable from one person to another.

Lights will be on 7 nights per week from:

May 1 - October 31, 2008
From 6 pm - 9:30 pm

Hoofbeats: Adults

Instructor: Century Mills Stables

Whether you are an experienced rider that has been away from the sport, or a beginner just starting out with a love of horses, join Century Mills Hoofbeats program and join the fun! No experience necessary. Students will spend half of each class learning the basics of horse care and horsemanship (grooming and tacking) and the other half in the saddle in a small group lesson. Century Mills offers experienced MA licensed instructors, and top quality lesson horses for all programs. Facilities include outdoor and indoor arenas, and a heated viewing lounge (lessons run in all weather). Please wear long pants and comfortable hard soled shoes with a heel (no sandals) – paddock boots are ideal. Helmets available, or bring your own for a perfect fit.

NO REFUNDS for withdrawal after registration deadline.

DEADLINE TO REGISTER IS 5 BUSINESS DAYS BEFORE THE START OF EACH SESSION.

Min: 1/Max: 6

Session	Day	Time	Dates	Price
1	Sat	2 - 2:50 pm	April 5 - 26	\$175
2	Sat	2 - 2:50 pm	May 3 - 31 (no class 5/24)	\$175
3	Sat	2 - 2:50 pm	June 7 - 28	\$175

Directions to Horseback Riding

Century Mill Stables is only a stone's throw from Route 495 – How one gets to Route 117 from Wellesley is pretty much up to the individual and how well they know the area. Staying on major highways it is best to come to Route 495 from Wellesley via Route 9 or via Route 128 to the Mass Pike West. Go north on Route 495. Take exit 27 (Bolton/Stow exit) and at the bottom of the ramp take a left onto Route 117 toward Stow and then an IMMEDIATE right onto Route 85. Go one mile on Route 85 and take a right onto Century Mill Road. Century Mill Stables (#185) is one mile down on the right. Please call (978-779-2934) if you have trouble finding the stable.

Resident Program registration begins Tuesday, March 18, 2008